EFFECT OF YOGA NIDRA AND MSRT ON SOCIAL MEDIA ADDICTION SELF ESTEEM STRESS AND WELL BEING AMONG COLLEGE STUDENTS

By
Gaurav Yadav
(PH2018-191)

Co supervisor.
Dr. Vijay Kumar Singh
Assi. Professor, DSVV Haridwar U.K.

Supervisor
Dr. Sameer Kumar Yadav
Assi. Professor LNIPE Gwalior M.P.

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Certificate

I hereby declare that the synopsis **Effect of yoga nidra and msrt on social media addiction self esteem stress and well being among college students**being submitted in the partial fulfilment of the requirement for the degree of Doctor of Philosophy in Yogic Science under the Department of Yogic Sciences, Lakshmibai National Institute of Physical Education Gwalior - 474002 during the academic year 2021-2022.

It is a bonafide record of original work carried out under the supervision of **Dr. Sameer Kumar Yadav** (Assistant Professor, LNIPE, Gwalior, M.P.) and co-supervision of **Dr. Vijay Kumar Singh** (Assistant Professor, Dev SanskritiVishwavidyalayaHaridwar U.K.) and has not been submitted in full or part to any other university or institute for a degree or diploma.

Gaurav Yadav

Reg. No. PH 2018-191

Dr. Sameer Kumar Yadav

Assistant Professor

LNIPE, Gwalior, M.P.

Dr. Vijay Kumar Singh

Assistant Professor

Dev SanskritiVishwavidyalaya

Haridwar U.K.

(Chairperson, DRC)

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Abstract

Social media addiction is a behavioural addiction that is defined as being excessively cautious about social media, driven by an uncontrollable want to log on to or use social media. “The relationships that get on between networks of people” is what social media stands for. Social media addiction is a term used to describe a situation where a user spends too much time on social media such that it negatively affects other aspects of his or her daily life like school, work, or relationship with others. With the advent of new technologies and media, it is now very easy to bridge the communication gap between parents and children by simply interacting with others in the virtual world with a single click. Social media has connected people more with the others than their own family members and relatives. Especially youthful generation is obsessively utilizing social media which has increased stress and has generated anxiety and sadness. “The Prevalence and Cognitive Factors for Internet Addiction among College Students in Taiwan” found that 10.3%of participants were Internet addicts, also found that females were less addicted than males. Almost 25 percent of student’s time on the internet is now spent on social networking websites. Yoga is important for improving mental health, which is necessary for one to function well in all facets of life. Yoga is regarded as a form of mind-body training.

The study aims to investigate how yoga nidra and MSRT affect psychological variables such as social media addiction, stress, psychological well-being, and self-esteem. For this study, 60 college students will be divided into three groups (control and 2 experimental) and enrolled for a 12-week period. Only the experimental group will get yoga nidra and MSRT intervention; the control group will continue on their usual schedule. ANCOVA will be used to analyze the pre and post data for both groups. Yoga nidra and MSRT are specific mindfulness-based yoga practice focused on calming the mind-body complexes.

Key Words: Addiction, Social Media, Yogic sleep, MSRT, Meditation, Well-being, Mental health.

CHAPTER 1

INTRODUCTION

Social media addiction is a behavioral addiction that is defined as being excessively cautious about social media, driven by an uncontrollable want to log on to or use social media. Andreassen, C.S., and Pallesen, S. (2014). The Internet is a major technological development, but what about social media? “The relationships that get on between networks of people” is what social media stands for. Thanks to the introduction of social media, young men and women may now exchange ideas, personal information, thoughts, images, and videos at a phenomenal pace. A large sample survey in China found that the rate is 12% among males and 5% among female students (Lau, 2011). There is no genuine evidence that social media addiction is more prevalent in certain genders.Research suggests that men are more addicted to social media than women (Balcı&Gölcü, 2013; Çam&İşbulan, 2012; Esen, 2010; Hoffman, 2008; Lenhart et al., 2010). Yet, a study on women users of social networking sites (SNS) found that young women were more active on these sites than men. In general,female and male adolescents and emerging adults are equally likely to visit and post social profiles on myspace and other online social networks.Social media addiction is a term used to describe a situation where a user spends too much time on social media (e.g. Facebook, Twitter, Instagram) such that it negatively affects other aspects of his or her daily life like school, work, or relationship with others.

For the first 70 years of inquiry, it was commonly believed that adolescence was a period of “storm and stress” (Hall, 1904). In today’s competitive world, everyone must show themselves, which drives adolescents to excel in all activities in order to get an advantage and stand out. In this context, David Elkind, a Tufts University professor, and author of “The Hurried Child: Growing Up Too Fast, Too Soon” (1988), correctly states,“Our society is compressing childhood to the point where children are no longer children for very long.” Children face immense pressure to ‘be mature’ and grow up.Studies have shown that when parents do not provide adequate care and sharing, their children seek and find that care and affection outside the home. With the advent of new technologies and media, it is now very easy to bridge the communication gap between parents and children by simply interacting with others in the virtual world with a single click. Social media has connected people more with the others than their own family members and relatives. Especially youthful generation is obsessively utilizing social media which has increased stress and has generated anxiety and sadness. It has had a significant impact on their mental health and well-being, leaving them more vulnerable to future health issues (Maldonado, 2014).

In addition to remote work or remote learning, many people spent increased time on social media (SM), such as Facebook and Twitter, which could satisfy their need for disaster-related information, entertainment as well as interpersonal communication (Marchant,2020).

According to Young (2016), social media addiction is the inability of a person to regulate their use of social media, which eventually leads to problems in their social, academic, professional, or psychological lives. Chang (2006) Factors Affecting College Students' Internet Addiction. This essay is an overview of the literature on the causes of college students' Internet addiction. They observed that addicted students talk and play games all night long, which makes them feel exhausted and causes them to skip class.Additionally, they found that Internet addiction is linked to students who have low self-esteem. A vital aspect in describing how social media may affect people's views of their bodies and self-worth is social comparison. Most people are forced to assess themselves by contrasting their skills and body image with those of others. Virtual reality and social networking provide a fresh "chance" to be "better," which improves social interaction and self-esteem (Monterosso D.M, 2019).Social media influence the sense of belongingness. The sense of belongingness may increase or decrease based on social media use. For instance, if one has many friends or followers on social media, he or she might have a greater sense of belongingness. On the other hand, people may feel a "disconnection from society by spending more time perusing others' profiles on Facebook" (Schufreider, 2015). Having an increased sense of belongingness is incredibly important because humans are social beings. One's belief in belonging and support in life may act as a buffer against stressful circumstances or unfavorable life events. According to Schufreider (2015), high levels of connectivity "can also lessen one's low level of self-esteem" and "help individuals manage their emotions…facilitate keeping the individual's overwhelming negative feelings at bay." Each of these elements contributes to a person's improved quality of life. Low self-esteem may be compounded by an absence of belonging. Bleese (2015). The impacts of excessive cell phone use on adolescents' mental health and quality of life were examined by Srivastava and Tiwari (2013). They discovered that people with limited cell phone use have better mental health and a higher quality of life than people with unlimited cell phone use.

"The Prevalence and Cognitive Factors for Internet Addiction among College Students in Taiwan" found that 10.3%of participants were Internet addicts, also found that females were less addicted than males. Almost 25 percent of student's time on the internet is now spent on social networking websites (Jacobsen,&Forste, 2011).

In an effort to promote general well-being in contemporary culture, a lot of attention has been placed on the physical and mental health of children and adolescents. One such technique for achieving this objective of good health is yoga. Yoga is important for improving mental health, which is necessary for one to function well in all facets of life. Yoga is regarded as a form of mind-body training. The fundamental idea behind Yogic mind-body exercises is that emotions, thoughts, and attitudes can be influenced by the body's physiological state, maintaining overall well-being (Monk-Turner & Turner, 2010). Studies by Bhushan& Sinha (2001) and Kumar (2004) showed the effects of Yoga Nidra on stress, anxiety and general well-being on college going students which denoted a significant change where Yoga Nidra had decreased the stress level of the subjects as well as positively increased their general well-being.

Another scientific study on the impact of Yoga Nidra on college students' Alpha EEG and GSR was carried out by Kumar (2006). The results showed that there was a significant change as Yoga Nidra improved the students' Alpha EEG and GSR, indicating an improvement in their physical and mental health. A planned Yoga Nidra intervention may help students develop mindfulness abilities and lessen symptoms of stress, anxiety, and depression (Heather,Eastmen,& Muller, 2013). According to Kumar, the systolic and diastolic blood pressure, pulse rate, respiration rate, tension, anger, and fear were all positively reduced by Yoga Nidra.

Mind Sound Resonance Technique (MSRT)

MSRT is a specific mindfulness-based yoga practice focused on calming the mind-body complex. Previous literature has shown that MSRT has immediate effects on state anxiety and cognitive functions within people suffering from generalized anxiety disorder. In addition, long-term interventions of MSRT have shown a reduction in the levels of stress, anxiety, fatigue, and psychological distress. Single-session interventions of MSRT administered to medical students, a population group known to have higher stress levels than the average person, showed improvements in cognitive performance immediately after the intervention. MSRT also has a direct impact on stress by reducing sympathetic nervous activity and increasing vagal dominance. Finally, a study done by Sharma et al. showed that a week-long intervention of MSRT added on to regular yoga practice enhances sleep quality and reduces stress, pain and anxiety levels in patients suffering from chronic musculoskeletal pain.

STATEMENT OF THE PROBLEM

1) The purpose of the study to examine the effect of yoga nidraand MSRT on social media addiction.
2) To examine the effect of yoga nidra and MSRT on stress.
3) To examine the effect of yoga nidra and MSRT on self esteem.
4) To examine the effect of yoga nidra and MSRT on students psychological well-being.

OBJECTIVE OF THE STUDY

- To assess the role of yoga nidraand MSRT practice in the management of social media addiction.
- To assess the role of yoga nidra and MSRT practice in the management of stress level.
- To assess the role of yoga nidraand MSRT in the management of self steem.
- To assess the role of yoga nidraand MSRT in the management ofpsychological well-being.
- To compare pretest and posttestmean score of Psychological variables (social media addiction,self esteem, stress, well Being) among college students

RESEARCH QUESTION

Is yoga nidraand MSRT effective on social media addiction,self esteem, stress and well Being among college students

HYPOTHESES

Null Hypothesis 1: There willbenosignificant effect between Yoga nidra and MSRT on social media addiction of college students.

Null Hypothesis 2: There will be no significant effect between Yoga nidraand MSRT onself esteem of college students.

Null Hypothesis3: There will be no significant effect between Yoga nidra and MSRT on stress of college students.

Null Hypothesis 4: There will be no significant effect between Yoga nidraand MSRT on psychological well Being of college students.

DELIMITATION

- The study will be restricted to age ranges from 16-24 years of college students from Dr.B.R.A. University Agra (A.K.CollegeShikohabad)
- The study will be delimited to 60 students only.
- The study will be delimited to maleandfemaleparticipants.
- The study will be further delimited into following psychological variables
    - Social media addiction
    - Self esteem
    - Stress
    - PsychologicalWell Being
- The study will be delimited for 12 weeks training programme.
- The intervention program given 5 days in a week.
- Yoganidraand MSRT will be delimited as intervention.

DEFINITION AND EXPLANATION OF THE TERMS

SOCIAL MEDIA ADDICTION

Before going into detail on social media addiction, it would be wise to address Internet addiction first. Ivan Goldberg created the psychological condition known as internet addiction in 1995. The American Psychiatric Association's first pathological

gambling evaluation served as the model for this disorder's diagnosis. Subcategories of this addiction are defined by the association. These subcategories include pornography, an intense and irrational love of video games, spending too much time on websites or social networking sites, and an obsession with online shopping. By itself, the Internet is not a source of addiction.Addiction is defined as the excessive use of the Internet that it begins to ruin daily, social and working life. Addiction lies in an idea or an action that is previously tried, has led to a certain satisfaction, and anticipated to provide new fulfillment (**Monterosso,2018).**

Internet addiction is "an impulse-control disorder with no involvement of an intoxicant; therefore, it is akin to pathological gambling," according to Whang, Lee, and Chang (2003). Due to their similar qualities, internet addiction and addiction to mobile phones or smartphones are closely associated. Digital addictions are frequently the outcome of utilizing habits to escape reality or soothe suffering. The majority of internet addictions start with behaviors like the checking habit. As a result, there are often undesirable circumstances with particular behaviors that turn into issues, such playing games, accessing social media, using WhatsApp, etc. According to Wood and Neal (2007) and La Rose and Eastin (2004), using a smartphone can result in addictive behavior.Compared to a fixed phone or even a desktop or laptop computer, people's relationships with smartphones are far more developed than one might anticipate. This is especially true for young people, who use their smartphones a lot. The fact that people receive social validation when they receive "likes" or "comments" on their pictures or status updates is another significant factor that contributes to smartphone addiction, but particularly to social media addiction; "if users receive 'likes' or 'comments' from high status 'friends,' this may result in boosts in self-esteem and feelings of well-being" (Blease, 2015). Like drugs and alcohol alter the way we perceive the world and ourselves and hence gives us a 'high' or 'feel good' factor; similarly, social networking gives us a chance to project a virtual and altered sense of self which can give us its own high. This feeling of being "high" on self-image can trigger addictive behaviors.

SELF- ESTEEM

Self-esteem continues to be one of the most researched concepts in social psychology (Baumeister 1993; Mruk 1995; Wells &Marwell 1976; Wylie 1979). Generally conceptualized as a part ofthe self-concept, to some self-esteem is one of the most important parts of the self-concept. Indeed, for a period of time, so much attention was given to self-esteem that it seemed to be synonymous with self-concept in literature on the self (Rosenberg 1976, 1979).This focus on self esteem has largely been due to the association of high self-esteem with a numberof positive outcomes for the individual and for society as a whole (Baumeister 1993; Smelser 1989). Moreover, the belief is widespread that raising an individual's selfesteem (especially that of a child or adolescent) would be beneficial for both the individual and society as a whole.

Self-esteem refers most generally to an individual's overall positive evaluation ofthe self (Gecas1982;Rosenberg 1990;Rosenberg et al. 1995).. It is composed of two distinct dimensions, competence and worth (Gecas 1982; Gecas& Schwalbe 1983). The competence dimension (efficacy-based self-esteem) refers to the degree to which people see themselves as capable and efficacious. The worth dimension (worth-based self-esteem) refers to the degree to which individuals feel they are persons of value.

STRESS

The idea of stress has gained popularity as a way to explain a wide range of outcomes, most of which are negative, that otherwise appear unexplainable. Stress has been used in the scientific community as a psychological prelude to disease, as a symptom of a variety of illnesses, or as a general term for discomfort, anxiety, and similar phenomena. It's also popular to blame friends and acquaintances' unpredictable or inexplicable conduct on the fact that "they are under a lot of stress." Stress can be defined very broadly from a quick reading of psychological and medical texts and by just listening to individuals.Yet, despite its general use, stress refers to a process that is not only specific, but also central to the relationship between people and their surroundings. Stress is a process in which environmental events or forces, called stressors, threaten an organism's existence and well-being and the organism responds to this threat. This process includes the stress reaction, which can be defined by well-known feelings including wrath, anxiety, and fear. It is arguably the easiest to identify, although in many situations, it can just be "side effects" of the main attraction—recognizing a threat, dealing with it, and adjusting to it. Our lives can be described as continuous adaptation to abrupt changes or steady evolution of our environment. This adaptation sequence is almost a daily practice. These changes may at times be slight, and we can adjust to them without even realizing it. However, at other times, these alterations can be significant and obviously dangerous (S. Baum, 1981).

WELL- BEING

It is not necessary to defend a sector's well-being by pointing to its reliance on another. However, the four sectors are part of a larger, interconnected system. The entire behavioral system must be specified by adding the purely intrapersonal sector, which includes the so-called "personality" and "self," to the four sectors of the ideal life. For convenience, I will refer to the ultimate result as psychological wellbeing, even though I acknowledge that every component of the system is completely interdependent.Additionally, psychological wellness and perceived quality of life might be referred to as "subjective wellbeing" since they are both assessments that pertain to the caliber of inner experience. The external components of behavioral competence and the objective environment may both be viewed and assessed by others, therefore they can be combined to form "objective wellbeing." Psychological wellness contains both cognitive and affective components and, like perceived quality of life, represents the quality of one's inner state (Andrews, 1980). However, compared to perceived quality of life, psychological wellness is more universal and less directly related to the various facets of daily life.According to Lowton

(1983), psychological wellness is a subjective feeling of general satisfaction and good mental health that is frequently regarded as the best predictor of intangible concepts like ego strength or self-esteem.

YOGANIDRA

The most well-known method for achieving total mental and physical relaxation is most likely yoganidra. Yoganidra is a state of awareness that is neither hypnotized nor focused, nor is it sleep or wakefulness. An altered state of awareness is one way to describe it. Yog-Nidra techniques have creative, preventative, and promotional benefits. By teaching the mind to stay quiet and peaceful, it induces profound physical, emotional, and mental relaxation, preventing stress and stress-related disorders. It's a deep, conscious sleep condition. While practicing yoga nidra, one appears to be asleep, yet their consciousness is actually operating at a higher level. It's slumber with a hint of profound consciousness.It is a state of mind in between wakefulness and dream. Normally when we sleep, we loose track of our self and cannot utilize this capacity of mind. Yoga nidra enables the person to be conscious in this state and nurture the seed of great willpower, inspire the higher self, and enjoy the vitality of life.

Previous research on yoga nidra has demonstrated that it has an advantageous impact on depression, anxiety, and stress (Kumar, 2008; Rani, Tiwari, Singh, Singh,& Srivastava, 2012; Vorkapic,Pinhero,Marchioro,& Santana, 2018). Furthermore,it is clear that middle-aged people's physical and mental well-being might be maintained with yoga nidra (Tripathi, 2018). According to these research,yognidra is a helpful method for persons of all ages who are dealing with a variety of psychiatric problems. In reality, a number of reasons, including academic work, adjusting to new circumstances, the transition from school to college, relationship issues, homesickness, and fear of ragging, contribute to the high rates of anxiety and depression experienced by first-year college students.

MSRT (MIND SOUND RESONANCE TECHNIQUE)

Technique to generate resonance throughout the body by repeating a Mental sound.

• Resonance changes the mind

• Sound is "present", while Mind is "past" or "future"

• In MSRT, Mind is brought to the "present"

• Advanced yogic meditation technique to (1) Overcome the fear of Death, (2) Increase vitality and (3) release from bondage

MIND – Mind is a mere functioning of the brain; cannot exist Without the brain (matter based approach)

• Yoga view – Mind is a conglomeration of thoughts – both manifest And unmanifest; mind can exist without the brain (consciousness Based paradigm)

SOUND: Sound is form of energy; moves as waves; needs a Medium

- Yoga view: Sound is:Sabda
- Spanda – vibration
- Aahata or anahata – audible or inaudible (incl. mental sound)And it can travel through vacuum as well (i.e. medium not Necessary). Spectrum of sound is much broader and Comprehensive than the sound conceived by Science
- **Resonance**-Matching of frequencies causes resonance
  Leads to doubling of amplitudes of the 2 waves
- **Steps**-
  1-Opening prayer
  2- A-U-M chanting

(a) Loud A, U, M and AUM (3 rounds)

(b) Ahata – Anahata: A…U…M…and AUM (3 rounds)

3- MahaMritunjaya Mantra

(a) Loud (3 times)

(b) Ahata – Anahata (3 rounds)

4- Anahata AUM (9 rounds)

5- Ajapajapa AUM to Silence (9 rounds)

6- Stay in silence

7- Resolve

8- Closing Prayer

SIGNIFICANCE OF THE STUDY

- The proposed study will help to understand the present status of the effect of yoga nidra on social media addiction, self- esteem, stress, psychological wellbeing.
- The proposed study will help to understand the present status of the effect of MSRT on social media addiction, self- esteem,stress,psychological wellbeing.
- Several studies have been done to understand the effect of yoga on social media addiction, stress, and also many study have been done on self esteem and psychological

wellbeing but this study intends to find out the effect of both yoga nidra and MSRT together on Social media addiction of college students.

- The proposed study will help to understand the college students level of social media addiction,self esteem, stress and psychological well Being after Covid-19 and the effect of specific yoga nidra on present time with all the variable.

CHAPTER – 2
REVIEW OF RELATED LITRATURE

- **(Satici B.,2021)**Studying the mediating function of psychological distress in the association between romantic relationship satisfaction (RS) and social media addiction (SMA) was the goal of the current study. 334 undergraduate students from four mid-sized Turkish institutions participated in the study by filling out an offline survey. The Relationship Assessment Scale, the Social Media Disorder Scale, and the Depression Anxiety and Stress Scale were all part of the study. The findings showed that all the variables had a connection with one another. The findings also showed that the effects of SMA on RS were partially mediated by stress, anxiety, and depression. Additionally, the study discovered strong correlations between SMA and RS through psychological discomfort using the bootstrapping approach.Consequently, reducing social media use may help couples deal with romantic relationship dissatisfaction, thereby mitigating their depression, anxiety, and stress.
- **(Sharma,2020)**Our lives now barely function without technology. As technology evolved, so too has the creation and use of contemporary devices. Nearly everyone is glued to technology and electronic devices, which have become nearly vital in our daily life. Young people today use technology for a variety of objectives, such as social media, online gaming, texting, tweeting, and chatting. There are major negative effects on one's physical and mental health because of over reliance on and uncontrolled use of technological devices.In India and around the world, yoga and meditation are recommended as therapeutic interventions due to their proven effectiveness in reducing these health effects. This essay addresses the negative health effects of excessive, unregulated electronic device use as well as yoga's suggestions for mitigating these effects through electronic detoxification. Since they make up the most vulnerable target group, adolescents enrolled in school are particularly important to academia. It has been debated how yoga poses can help with a variety of health issues, including addiction to electronic devices.
- **(Sutrisna B.P,2020)**During the pandemic, teenage internet addiction It is anticipated that COVID-19 will rise higher than before. To address this issue, a program of prevention or intervention is required. Although there aren't many reviews of the neurobiological model that links Hatha yoga with internet addiction, it was discovered that this mind-body stress-relieving exercise improves the signs and symptoms of online addiction.This review provides an overview of the potential benefits of Hatha yoga's epigenetic mechanism in treating internet addiction. From December 2019 to December 2020, the following keywords were used to search PubMed, ResearchGate, and Google Scholar: "Internet Addiction and Yoga,""Yoga and Mental Health,""Addiction,""Yoga,""Addiction and COVID-19,""exercises and mental health," and "exercise and brain neuroplasticity." The expression level of the D5 dopamine receptor mRNA was significantly down-regulated in peripheral blood lymphocytes (PBLs), according to a study on internet addiction.The literature compiled in this review has demonstrated that the epigenetic process of Hatha yoga may enhance the

brain's D5 dopamine receptor gene expression mRNA in PBLs to alleviate the symptoms of internet addiction and sign and active transcription factor Nrf2 to boost immunity.

- **(Shalini,2020)**As the world's second most populated nation, India is compelled to deal with a wide range of issues and is currently going through a transitional phase in the field of information and communication technology. Out of all new inventions, the computer era is one that brings us both more productive and fewer benefits. Therefore, the scope for achieving the complicity of the delinquent situations should be the focus in order to achieve the biggest profit.In order to determine the negative effects of social media, this study was conducted among students in higher secondary schools using descriptive research methodology and purposive sampling method with a questionnaire for data collection. The study found that age, gender, time spent on the internet, and the type of device used for internet were the main factors towards the negative impact of social media among higher secondary students. Today, students are forced to use internet facilities to enhance their knowledge, but frequently they get distracted and engage in destructive activities.
- **(Bucans, 2019)**People are no longer linked to the Earth or to one another since technology has taken over their lives. Spirituality, which is typically used to treat addiction, has become increasingly popular, and its sale on Instagram has caused individuals to become out of touch with their humanity and develop an addicted process around it. The relationships that humans have with the Earth, other people, and themselves are all at risk because of this.In order to explain how the use of spirituality as a sales game on Instagram promotes spiritual bypassing and spiritual narcissism while endangering humanity at its fundamentals by bringing people's spiritual lives to an addictive platform, this thesis employs heuristic and alchemical hermeneutic research methods. As a result, there was a general demand for shadow integration, a better comprehension of the individuation process, and an acknowledgment that people are attachment-based beings who require intimate, vulnerable, and connected interactions.
- **(Afreen,2020)**When the combined effects of internal and external pressure exceed a person's capacity to manage their circumstances, stress results. Stress, issues with self-worth, and poor coping mechanisms, such as excessive social media use, can develop into an addiction if left unchecked. These elements have the potential to worsen and impair a student's social, emotional, and intellectual wellbeing. The goal is to investigate the connection between college students' addiction to social media, stress, and self-esteem.The Perceived Stress Scale (PSS), Rosenberg Self-Esteem Scale (RSES), and Social Media Addiction Scale-Student Form were the instruments utilized to gather data from the sample. The results of this study showed that among male college students, stress and self-esteem are significantly correlated. The current study also found a substantial correlation between stress and self-esteem among female college students.
- **(Monterosso,2018)**A sample of 110 teenage students from Sri Sri University Cuttack were part of the study. Data was gathered using the Social Networking Addiction Scale by Dr. NiveditaBaungoli and the Mobile Phone Addiction Scale created by Drs. A. Velayudhan and

S. Srividya. A sample of 110 young people was chosen by the researcher, of whom 55 were spiritual and those who were not. According to the primary findings, it is interesting to learn that students who engage in spiritual activities have a higher degree of addiction than students who do not. This might be because students who engage in spiritual activities have greater energy, which could result in social networking or mobile devices if not appropriately channeled.

- **(Purva G.,2018)**According to this study, kids today deal with the demanding physical demands of daily living in addition to an emotionally and cognitively taxing existence. The aforementioned age group spends a significant amount of time in the virtual, digital world of social media connectivity and its many auxiliary components, in addition to sports, academics, parents, and classmates. For young kids and teenagers, uncontrolled social media exposure frequently makes life a tightrope walk.According to studies, children and teenagers' physical and mental health is suffering as a result of their increased use of social media and technology. This is because it increases their susceptibility to psychological disorders like anxiety and depression, as well as future health issues. This study examines research and suggests yoga as a mind-body alternative medicine intervention to enhance physical and mental health conditions in light of rising stress and health issues brought on by increased social media use.It also emphasizes how efficient yoga is as a supplemental treatment that improves kids' general wellbeing. After examining the existing research, we draw the conclusion that yoga holds promise as an additional treatment for kids and teenagers. However, further work is needed to determine the best ways to apply and implement this therapy.

CHAPTER – 3

RESEARCH AND METHODOLOGY

In this chapter the selection of subjects, selection of variables, criterion measures, administration of test, collection of data and statistical technique will be described.

SELECTION OF SUBJECT

60 Students will be selected as subject for this study. The subjects well be randomly selected college students from Dr.B.R.A. University Agra (Aadarsh Krishna College Shikohabad) and randomly divided into 3 groups (10 male & 10 female =20each groups)Two experimental groups and control group.

SELECTION OF VARIABLE

To the study following variables were selected:

- **Independent variables:**
  - YogaNidra
  - MSRT (MIND SOUND RESONANCE TECHNIQUE)
- **Dependent variables:**
  - Social media addiction
  - Self Esteem
  - Stress
  - Psychological Well-Being

DESIGN OF THE STUDY

Pre post experimental design will be used.

CRITERION MEASURE

Variables	Name of the questionnaire	Develop by
Social media addiction	Social media addiction scale (SMAS)	Aylin TUTGUN-ÜNAL
Self - Esteem	ROSENBERG SELF-ESTEEM SCALE / Self Esteem Scale	Rosenberg/Santosh Dhar and UpinderDhar.
Stress	Stress Scale	Vijaya Lakshmi and ShrutiNarain
Psychological Well-being	PsychologicalWell- being Scale (PWBS)	Sisodia & Chaudhary

COLLECTION OF DATA

The data will be collected by administering the college students there have questionnaire namely social media scale, Stress scale, Rosenberg self-esteem scale, Psychological Well- being Scale (PWBS).In this study the collection of data will be done on the basis of questionnaire.

ADMINISTRATION OF TEST

- **Social media addiction scale (SMAS)**

It is **a scale that consists of 41 items and 4 factors (occupation, mood modification,relapse and conflict)**.It is a 5-pointLikert scale with "Always,""Often,""Sometimes,""Seldom," and "Never." SMAS has 4 factors which explain 59% of the total variance.

- **Rosenberg self-esteem scale**

A 10-item scale that measures global self-worth by measuring both positive and negative feelings about the self. The scale is believed to be uni dimensional. All items are answered using a 4-point Likert scale format ranging from strongly agree to strongly disagree.

- **Stress scale**

Three-point Stress scale contains 40 items to measure the level.

- **Psychological Well- being Scale(PWBS)**

The scale consisted of 50 items and covered five dimensions, namely – **satisfaction, efficiency, sociability, mental health and interpersonal relations.**

Training Protocol:

Main practices	First to four weeks	Five to eight weeks	Nine to twelve weeks
Yoga nidra	20 min	25 min	30 min
MSRT	20 min	25 min	30 min

STATISTICAL TECHNIQUE

ANCOVA will be employed at 5% level of significance as control and experimental Group will be tested pre and post or appropriate statistical technique will be used for the data.

Expected Outcome Of The Research

1. Yoga Nidra and MSRT will decrease the social media addiction among college students.
2. Yoga Nidra and MSRT will promote the psychological well-being among colleges students.
3. Yoga Nidra and MSRT will decrease the level of stress among college students.
4. Yoga Nidra and MSRT will enhance the self esteem among college students.

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